DOCUMENT RESUME

ED 134 762 08 CE 009 763

AUTHOR	Cooper, Gloria S., Ed.; Magisos, Joel H., Ed.
TITLE	Metrics for Alterations Specialist & Tailoring.
INSTITUTION	Ohio State Univ., Columbus. Center for Vocational Education.
SPONS AGENCY	Bureau of Occupational and Adult Education (DHEW/OE), Washington, D.C.
PUB DATE	76
CONTRACT	OEC-0-74-9335
NOTE	63p.; For a related document see CE 009 736-790
EDRS PRICE	MF-$0.83 HC-$3.50 Plus Postage.
DESCRIPTORS	*Curriculum; Instructional Materials; Learning Activities; Measurement Instruments; *Metric System; *Occupational Home Economics; Secondary Education; *Sewing Instruction; Teaching Techniques; Units of Study (Subject Fields); Vocational Education

ABSTRACT

Designed to meet the job-related metric measurement needs of alterations specialist and tailoring students, this instructional package is one of five for the home economics occupations cluster, part of a set of 55 packages for metric instruction in different occupations. The package is intended for students who already know the occupational terminology, measurement terms, and tools currently in use. Each of the five units in this instructional package contains performance objectives, learning activities, and supporting information in the form of text, exercises, and tables. In addition, suggested teaching techniques are included. At the back of the package are objective-based evaluation items, a page of answers to the exercises and tests, a list of metric materials needed for the activities, references, and a list of suppliers. The material is designed to accommodate a variety of individual teaching and learning styles, e.g., independent study, small group, or whole-class activity. Exercises are intended to facilitate experiences with measurement instruments, tools, and devices used in this occupation and job-related tasks of estimating and measuring. Unit I, a general introduction to the metric system of measurement, provides informal, hands-on experiences for the students. This unit enables students to become familiar with the basic metric units, their symbols, and measurement instruments; and to develop a set of mental references for metric values. The metric system of notation also is explained. Unit 2 provides the metric terms which are used in this occupation and gives experience with occupational measurement tasks. Unit 3 focuses on job-related metric equivalents and their relationships. Unit 4 provides experience with recognizing and using metric instruments and tools in occupational measurement tasks. It also provides experience in comparing metric and customary measurement instruments. Unit 5 is designed to give students practice in converting customary and metric measurements, a skill considered useful during the transition to metric in each occupation. (HD)

Documents acquired by ERIC include many informal unpublished materials not available from other sources. ERIC makes every effort to obtain the best copy available. Nevertheless, items of marginal reproducibility are often encountered and this affects the quality of the microfiche and hardcopy reproductions ERIC makes available via the ERIC Document Reproduction Service (EDRS). EDRS is not responsible for the quality of the original document. Reproductions supplied by EDRS are the best that can be made from the original.

metrics for metrics for for metrics for metrics metrics for metrics for for metrics for metrics metrics for metrics for for metrics for metrics metrics for metrics for for metrics for metrics metrics for metrics for for metrics for metrics

metrics for alterations specialist & tailoring

DE 009 103

THE CENTER FOR VOCATIONAL EDUCATION

TEACHING AND LEARNING THE METRIC SYSTEM

This metric instructional package was designed to meet job-related metric measurement needs of students. To use this package students should already know the occupational terminology, measurement terms, and tools currently in use. These materials were prepared with the help of experienced vocational teachers, reviewed by experts, tested in classrooms in different parts of the United States, and revised before distribution.

Each of the five units of instruction contains performance objectives, learning activities, and supporting information in the form of text, exercises, and tables. In addition, suggested teaching techniques are included. At the back of this package are objective-based evaluation items, a page of answers to the exercises and tests, a list of metric materials needed for the activities, references, and a list of suppliers.

Classroom experiences with this instructional package suggest the following teaching-learning strategies:

1. Let the first experiences be informal to make learning the metric system fun.
2. Students learn better when metric units are compared to familiar objects. Everyone should learn to "think metric." Comparing metric units to customary units can be confusing.
3. Students will learn quickly to estimate and measure in metric units by "doing."
4. Students should have experience with measuring activities before getting too much information.
5. Move through the units in an order which emphasizes the simplicity of the metric system (e.g., length to area to volume).
6. Teach one concept at a time to avoid overwhelming students with too much material.

Unit 1 is a general introduction to the metric system of measurement which provides informal, hands-on experiences for the students. This unit enables students to become familiar with the basic metric units, their symbols, and measurement instruments; and to develop a set of mental references for metric values. The metric system of notation also is explained.

Unit 2 provides the metric terms which are used in this occupation and gives experience with occupational measurement tasks.

Unit 3 focuses on job-related metric equivalents and their relationships.

Unit 4 provides experience with recognizing and using metric instruments and tools in occupational measurement tasks. It also provides experience in comparing metric and customary measurement instruments.

Unit 5 is designed to give students practice in converting customary and metric measurements. Students should learn to "think metric" and avoid comparing customary and metric units. However, skill with conversion tables will be useful during the transition to metric in each occupation.

Using These Instructional Materials

This package was designed to help students learn a core of knowledge about the metric system which they will use on the job. The exercises facilitate experiences with measurement instruments, tools, and devices used in this occupation and job-related tasks of estimating and measuring.

This instructional package also was designed to accommodate a variety of individual teaching and learning styles. Teachers are encouraged to adapt these materials to their own classes. For example, the information sheets may be given to students for self-study. References may be used as supplemental resources. Exercises may be used in independent study, small groups, or whole-class activities. All of the materials can be expanded by the teacher.

Gloria S. Cooper
Joel H. Magisos
Editors

This publication was developed pursuant to contract No. OEC-0-74-9335 with the Bureau of Occupational and Adult Education, U.S. Department of Health, Education and Welfare. However, the opinions expressed herein do not necessarily reflect the position or policy of the U.S. Office of Education and no official endorsement by the U.S. Office of Education should be inferred.

UNIT 1

SUGGESTED TEACHING SEQUENCE

1. These introductory exercises may require two or three teaching periods for all five areas of measurement.
2. Exercises should be followed in the order given to best show the relationship between length, area, and volume.
3. Assemble the metric measuring devices (rules, tapes, scales, thermometers, and measuring containers) and objects to be measured.*
4. Set up the equipment at work stations for use by the whole class or as individualized resource activities.
5. Have the students estimate, measure, and record using Exercises 1 through 5.
6. Present information on notation and make Table 1 available.
7. Follow up with group discussion of activities.

*Other school departments may have devices which can be used. Metric suppliers are listed in the reference section.

THE CENTER FOR VOCATIONAL EDUCATION

OBJECTIVES

The student will demonstrate these skills for the Linear, Area, Volume or Capacity, Mass, and Temperature Exercises, using the metric terms and measurement devices listed here.

SKILLS	EXERCISES				
	Linear (pp. 3 - 4)	Area (pp. 5 - 6)	Volume or Capacity (pp. 7 - 8)	Mass (pp. 9 - 10)	Temperature (p. 11)
1. Recognize and use the unit and its symbol for:	millimetre (mm) centimetre (cm)	square centimetre (cm^2)	cubic centimetre (cm^3)	gram (g) kilogram (kg)	degree Celsius (°C)
2. Select, use, and read the appropriate measuring instruments for:	metre (m)	square metre (m^2)	cubic metre (m^3) litre (l) millilitre (ml)		
3. State or show a physical reference for:					
4. Estimate within 25% of the actual measure	height, width, or length of objects	the area of a given surface	capacity of containers	the mass of objects in grams and kilograms	the temperature of the air or a liquid
5. Read correctly	metre stick, metric tape measure, and metric rulers		measurements on graduated volume measuring devices	a kilogram scale and a gram scale	A Celsius thermometer

RULES OF NOTATION

1. Symbols are not capitalized unless the unit is a proper name (mm *not* MM).
2. Symbols are not followed by periods (m *not* m.).
3. Symbols are not followed by an *s* for plurals (25 g *not* 25 gs).
4. A space separates the numerals from the unit symbols (4 l *not* 4l).
5. Spaces, not commas, are used to separate large numbers into groups of three digits (45 271 km *not* 45,271 km).
6. A zero precedes the decimal point if the number is less than one (0.52 g *not* .52 g).
7. Litre and metre can be spelled either with an -re or -er ending.

METRIC UNITS, SYMBOLS, AND REFERENTS

Quantity	Metric Unit	Symbol	Useful Referents
Length	millimetre	mm	Thickness of dime or paper clip wire
	centimetre	cm	Width of paper clip
	metre	m	Height of door about 2 m
	kilometre	km	12-minute walking distance
Area	square centimetre	cm^2	Area of this space
	square metre	m^2	Area of card table top
	hectare	ha	Football field including sidelines and end zones
Volume and Capacity	millilitre	ml	Teaspoon is 5 ml
	litre	l	A little more than 1 quart
	cubic centimetre	cm^3	Volume of this container
	cubic metre	m^3	A little more than a cubic yard
Mass	milligram	mg	Apple seed about 10 mg, grain of salt, 1 mg
	gram	g	Nickel about 5 g
	kilogram	kg	Webster's Collegiate Dictionary
	metric ton (1 000 kilograms)	t	Volkswagen Beetle

THE CENTER FOR VOCATIONAL EDUCATION

Table 1–a

METRIC PREFIXES

Multiples and Submultiples	Prefixes	Symbols
$1\,000\,000 = 10^6$	mega (mĕg´ă)	M
$1\,000 = 10^3$	kilo (kĭl´ō)	k
$100 = 10^2$	hecto (hĕk´tō)	h
$10 = 10^1$	deka (dĕk´ă)	da
Base Unit $1 = 10^0$		
$0.1 = 10^{-1}$	deci (dĕs´ĭ)	d
$0.01 = 10^{-2}$	centi (sĕn´tĭ)	c
$0.001 = 10^{-3}$	milli (mĭl´ĭ)	m
$0.000\,001 = 10^{-6}$	micro (mī´krō)	μ

Table 1–b

LINEAR MEASUREMENT ACTIVITIES

Metre, Centimetre, Millimetre

I. THE METRE (m)

A. DEVELOP A FEELING FOR THE SIZE OF A METRE

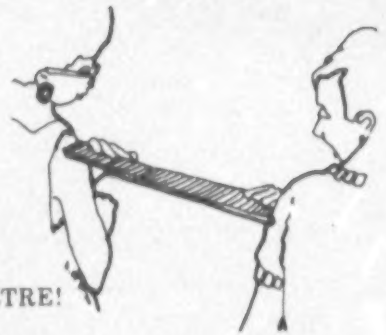
1. Pick up one of the metre sticks and stand it up on the floor. Hold it in place with one hand. Walk around the stick. Now stand next to the stick. With your other hand, touch yourself where the top of the metre stick comes on you

THAT IS HOW HIGH A METRE IS!

2. Hold one arm out straight at shoulder height. Put the metre stick along this arm until the end hits the end of your fingers. Where is the other end of the metre stick? Touch yourself at that end.

THAT IS HOW LONG A METRE IS!

3. Choose a partner to stand at your side. Move apart so that you can put one end of a metre stick on your partner's shoulder and the other end on your shoulder. Look at the space between you.



THAT IS THE WIDTH OF A METRE!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN METRES

Now you will improve your ability to estimate in metres. Remember where the length and height of a metre was on your body.

For each of the following items:

Estimate the size of the items and write your estimate in the ESTIMATE column. Measure the size with your metre stick and write the answer in the MEASUREMENT column.

Decide how close your estimate was to the actual measure. If your estimate was within 25% of the actual measure you are a "Metric Marvel."

		Estimate (m)	Measurement (m)	How Close Were You?
1.	Height of door knob from floor.	_____	_____	_____
2.	Height of door.	_____	_____	_____
3.	Length of table.	_____	_____	_____
4.	Width of table.	_____	_____	_____
5.	Length of wall of this room.	_____	_____	_____
6.	Distance from you to wall.	_____	_____	_____

(continued on next page)

II. THE CENTIMETRE (cm)

There are 100 centimetres in one metre. If there are 4 metres and 3 centimetres, you write 403 cm [(4 x 100 cm) + 3 cm = 400 cm + 3 cm].

A. DEVELOP A FEELING FOR THE SIZE OF A CENTIMETRE

1. Hold the metric ruler against the width of your thumbnail. How wide is it? _____ cm
2. Measure your thumb from the first joint to the end. _____ cm
3. Use the metric ruler to find the width of your palm. _____ cm
4. Measure your index or pointing finger. How long is it? _____ cm
5. Measure your wrist with a tape measure. What is the distance around it? _____ cm
6. Use the tape measure to find your waist size. _____ cm

B. DEVELOP YOUR ABILITY TO ESTIMATE IN CENTIMETRES

You are now ready to estimate in centimetres. For each of the following items, follow the procedures used for estimating in metres.

	Estimate (cm)	Measurement (cm)	How Close Were You?
1. Length of a paper clip.			
2. Diameter (width) of a coin.			
3. Width of a postage stamp.			
4. Length of a pencil.			
5. Width of a sheet of paper.			

III. THE MILLIMETRE (mm)

There are 10 millimetres in one centimetre. When a measurement is 2 centimetres and 5 millimetres, you write 25 mm [(2 x 10 mm) + 5 mm = 20 mm + 5 mm]. There are 1 000 mm in 1 m.

A. DEVELOP A FEELING FOR THE SIZE OF A MILLIMETRE

Using a ruler marked in millimetres, measure:

1. Thickness of a paper clip wire. _____ mm
2. Thickness of your fingernail. _____ mm
3. Width of your fingernail. _____ mm
4. Diameter (width)of a coin. _____ mm
5. Diameter (thickness) of your pencil. _____ mm
6. Width of a postage stamp. _____ mm

B. DEVELOP YOUR ABILITY TO ESTIMATE IN MILLIMETRES

You are now ready to estimate in millimetres. For each of the following items, follow the procedures used for estimating in metres.

	Estimate (mm)	Measurement (mm)	How Close Were You?
1. Thickness of a nickel.			
2. Diameter (thickness) of a bolt.			
3. Length of a bolt.			
4. Width of a sheet of paper.			
5. Thickness of a board or desk top.			
6. Thickness of a button.			

AREA MEASUREMENT ACTIVITIES

Square Centimetre, Square Metre

WHEN YOU DESCRIBE THE AREA OF SOMETHING, YOU ARE SAYING HOW MANY SQUARES OF A GIVEN SIZE IT TAKES TO COVER THE SURFACE.

I. THE SQUARE CENTIMETRE (cm^2)

A. DEVELOP A FEELING FOR A SQUARE CENTIMETRE

1. Take a clear plastic grid, or use the grid on page 6.
2. Measure the length and width of one of these small squares with a centimetre ruler.

   THAT IS ONE SQUARE CENTIMETRE!

3. Place your fingernail over the grid. About how many squares does it take to cover your fingernail?
   _____cm^2
4. Place a coin over the grid. About how many squares does it take to cover the coin? _____cm^2
5. Place a postage stamp over the grid. About how many squares does it take to cover the postage stamp?
   _____cm^2
6. Place an envelope over the grid. About how many squares does it take to cover the envelope?
   _____cm^2
7. Measure the length and width of the envelope in centimetres. Length _____ cm; width _____ cm. Multiply to find the area in square centimetres. _____ cm x _____ cm = _____ cm^2. How close are the answers you have in 6. and in 7.?

B. DEVELOP YOUR ABILITY TO ESTIMATE IN SQUARE CENTIMETRES

You are now ready to develop your ability to estimate in square centimetres.

Remember the size of a square centimetre. For each of the following items, follow the procedures used for estimating in metres.

		Estimate (cm^2)	Measurement (cm^2)	How Close Were You?
1.	Index card.	_____	_____	_____
2.	Book cover.	_____	_____	_____
3.	Photograph.	_____	_____	_____
4.	Window pane or desk top.	_____	_____	_____

II. THE SQUARE METRE (m^2)

A. DEVELOP A FEELING FOR A SQUARE METRE

1. Tape four metre sticks together to make a square which is one metre long and one metre wide.
2. Hold the square up with one side on the floor to see how big it is.
3. Place the square on the floor in a corner. Step back and look. See how much floor space it covers.
4. Place the square over a table top or desk to see how much space it covers.
5. Place the square against the bottom of a door. See how much of the door it covers. How many squares would it take to cover the door? _____m^2

   THIS IS HOW BIG A SQUARE METRE IS!

Exercise 2

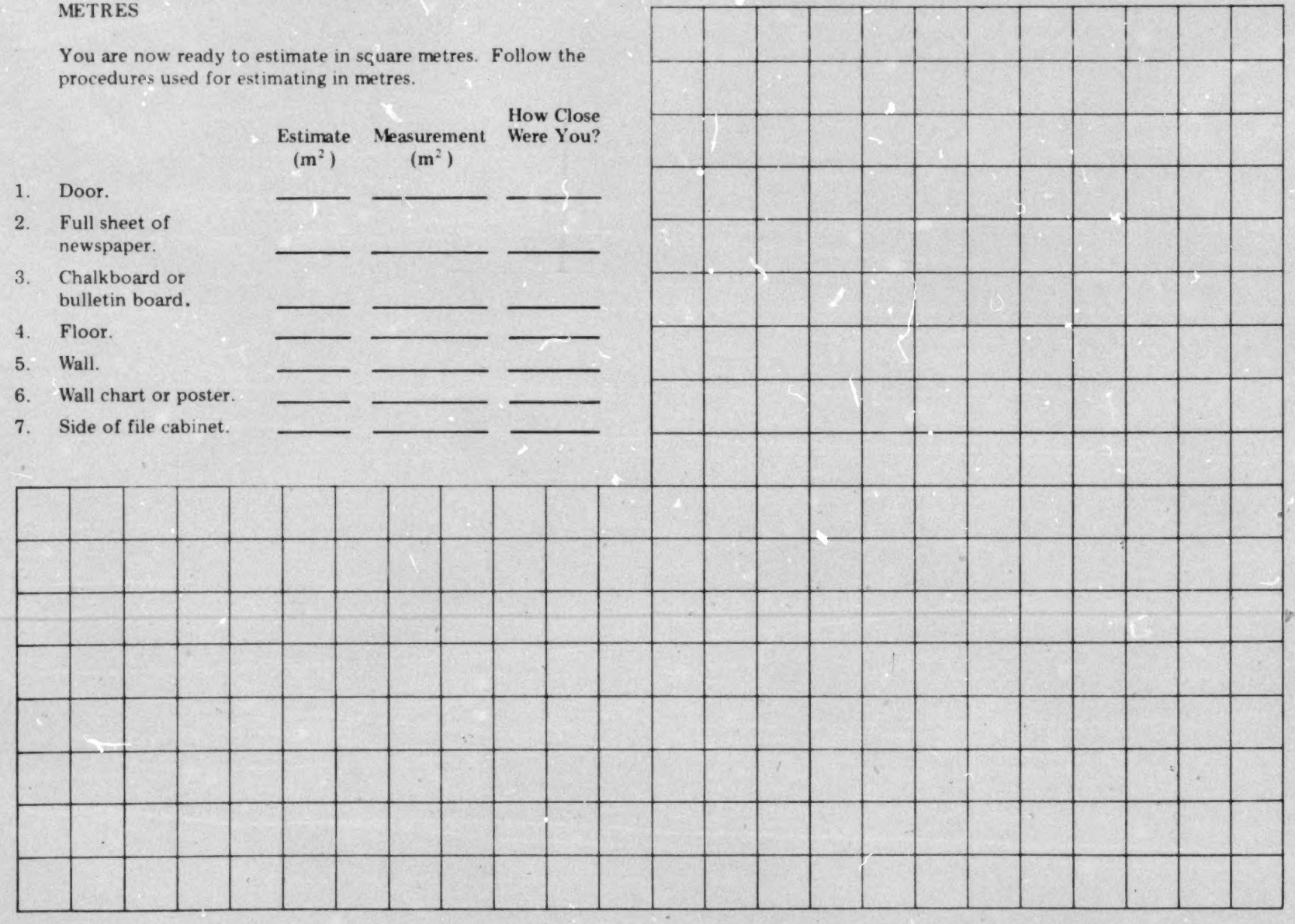
(continued on next page)

B. DEVELOP YOUR ABILITY TO ESTIMATE IN SQUARE METRES

You are now ready to estimate in square metres. Follow the procedures used for estimating in metres.

		Estimate (m^2)	Measurement (m^2)	How Close Were You?
1.	Door.	_____	_____	_____
2.	Full sheet of newspaper.	_____	_____	_____
3.	Chalkboard or bulletin board.	_____	_____	_____
4.	Floor.	_____	_____	_____
5.	Wall.	_____	_____	_____
6.	Wall chart or poster.	_____	_____	_____
7.	Side of file cabinet.	_____	_____	_____

CENTIMETRE GRID



VOLUME MEASUREMENT ACTIVITIES

Cubic Centimetre, Litre, Millilitre, Cubic Metre

I. THE CUBIC CENTIMETRE (cm^3)

A. DEVELOP A FEELING FOR THE CUBIC CENTIMETRE

1. Pick up a colored plastic cube. Measure its length, height, and width in centimetres.

   THAT IS ONE CUBIC CENTIMETRE!

2. Find the volume of a plastic litre box.

   a. Place a ROW of cubes against the bottom of one side of the box. How many cubes fit in the row?_____

   b. Place another ROW of cubes against an adjoining side of the box. How many rows fit inside the box to make one layer of cubes?_____

   How many cubes in each row?_____

   How many cubes in the layer in the bottom of the box?_____

   c. Stand a ROW of cubes up against the side of the box. How many LAYERS would fit in the box?_____

   How many cubes in each layer?_____

   How many cubes fit in the box altogether?_____

   THE VOLUME OF THE BOX IS _____CUBIC CENTIMETRES.

   d. Measure the length, width, and height of the box in centimetres. Length _____cm; width _____cm; height _____cm. Multiply these numbers to find the volume in cubic centimetres.

   _____cm x _____cm x _____cm = _____cm^3.
   Are the answers the same in c. and d.?

B. DEVELOP YOUR ABILITY TO ESTIMATE IN CUBIC CENTIMETRES

You are now ready to develop your ability to estimate in cubic centimetres.

Remember the size of a cubic centimetre. For each of the following items, use the procedures for estimating in metres.

		Estimate (cm^3)	Measurement (cm^3)	How Close Were You?
1.	Index card file box.	_____	_____	_____
2.	Freezer container.	_____	_____	_____
3.	Paper clip box.	_____	_____	_____
4.	Box of staples.	_____	_____	_____

II. THE LITRE (l)

A. DEVELOP A FEELING FOR A LITRE

1. Take a one litre beaker and fill it with water.
2. Pour the water into paper cups, filling each as full as you usually do. How many cups do you fill?

   THAT IS HOW MUCH IS IN ONE LITRE!

3. Fill the litre container with rice.

   THAT IS HOW MUCH IT TAKES TO FILL A ONE LITRE CONTAINER!

Exercise 3
(continued on next page)

B. DEVELOP YOUR ABILITY TO ESTIMATE IN LITRES

You are now ready to develop your ability to estimate in litres. To write two and one-half litres, you write 2.5 l, or 2.5 litres. To write one-half litre, you write 0.5 l, or 0.5 litre. To write two and three-fourths litres, you write 2.75 l, or 2.75 litres.

For each of the following items, use the procedures for estimating in metres.

		Estimate (l)	Measurement (l)	How Close Were You?
1.	Medium-size freezer container.	_____	_____	_____
2.	Large freezer container.	_____	_____	_____
3.	Small freezer container.	_____	_____	_____
4.	Bottle or jug.	_____	_____	_____

III. THE MILLILITRE (ml)

There are 1 000 millilitres in one litre. 1 000 ml = 1 litre. Half a litre is 500 millilitres, or 0.5 litre = 500 ml.

A. DEVELOP A FEELING FOR A MILLILITRE

1. Examine a centimetre cube. Anything which holds 1 cm^3 holds 1 ml.
2. Fill a 1 millilitre measuring spoon with rice. Empty the spoon into your hand. Carefully pour the rice into a small pile on a sheet of paper.

   THAT IS HOW MUCH ONE MILLILITRE IS!
3. Fill the 5 ml spoon with rice. Pour the rice into another pile on the sheet of paper.

   THAT IS 5 MILLILITRES, OR ONE TEASPOON!
4. Fill the 15 ml spoon with rice. Pour the rice into a third pile on the paper.

   THAT IS 15 MILLILITRES, OR ONE TABLESPOON!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN MILLILITRES

You are now ready to estimate in millilitres. Follow the procedures used for estimating metres.

		Estimate (ml)	Measurement (ml)	How Close Were You?
1.	Small juice can.	_____	_____	_____
2.	Paper cup or tea cup.	_____	_____	_____
3.	Soft drink can.	_____	_____	_____
4.	Bottle.	_____	_____	_____

IV. THE CUBIC METRE (m^3)

A. DEVELOP A FEELING FOR A CUBIC METRE

1. Place a one metre square on the floor next to the wall.
2. Measure a metre UP the wall.
3. Picture a box that would fit into that space.

   THAT IS THE VOLUME OF ONE CUBIC METRE!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN CUBIC METRES

For each of the following items, follow the estimating procedures used before.

		Estimate (m^3)	Measurement (m^3)	How Close Were You?
1.	Office desk.	_____	_____	_____
2.	File cabinet.	_____	_____	_____
3.	Small room.	_____	_____	_____

MASS (WEIGHT) MEASUREMENT ACTIVITIES

Kilogram, Gram

The mass of an object is a measure of the amount of matter in the object. This amount is always the same unless you add or subtract some matter from the object. Weight is the term that most people use when they mean mass. The weight of an object is affected by gravity; the mass of an object is not. For example, the weight of a person on earth might be 120 pounds; that same person's weight on the moon would be 20 pounds. This difference is because the pull of gravity on the moon is less than the pull of gravity on earth. A person's mass on the earth and on the moon would be the same. The metric system does not measure weight--it measures mass. We will use the term mass here.

The symbol for gram is g.

The symbol for kilogram is kg.

There are 1 000 grams in one kilogram, or 1 000 g = 1 kg.

Half a kilogram can be written as 500 g,or 0.5 kg.

A quarter of a kilogram can be written as 250 g,or 0.25 kg.

Two and three-fourths kilograms is written as 2.75 kg.

I. THE KILOGRAM (kg)

DEVELOP A FEELING FOR THE MASS OF A KILOGRAM

Using a balance or scale, find the mass of the items on the table. Before you find the mass, notice how heavy the object "feels" and compare it to the reading on the scale or balance.

		Mass (kg)
1.	1 kilogram box.	_____
2.	Textbook.	_____
3.	Bag of sugar.	_____
4.	Package of paper.	_____
5.	Your own mass.	_____

B. DEVELOP YOUR ABILITY TO ESTIMATE IN KILOGRAMS

For the following items ESTIMATE the mass of the object in kilograms, then use the scale or balance to find the exact mass of the object. Write the exact mass in the MEASUREMENT column. Determine how close your estimate is:

		Estimate (kg)	Measurement (kg)	How Close Were You?
1.	Bag of rice.	_____	_____	_____
2.	Bag of nails.	_____	_____	_____
3.	Large purse or briefcase.	_____	_____	_____
4.	Another person.	_____	_____	_____
5.	A few books.	_____	_____	_____

Exercise 4
(continued on next page)

II. THE GRAM (g)

A. DEVELOP A FEELING FOR A GRAM

1. Take a colored plastic cube. Hold it in your hand. Shake the cube in your palm as if shaking dice. Feel the pressure on your hand when the cube is in motion, then when it is not in motion.

   THAT IS HOW HEAVY A GRAM IS!

2. Take a second cube and attach it to the first. Shake the cubes in first one hand and then the other hand; rest the cubes near the tips of your fingers, moving your hand up and down.

   THAT IS THE MASS OF TWO GRAMS!

3. Take five cubes in one hand and shake them around.

   THAT IS THE MASS OF FIVE GRAMS!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN GRAMS

You are now ready to improve your ability to estimate in grams. Remember how heavy the 1 gram cube is, how heavy the two gram cubes are, and how heavy the five gram cubes are. For each of the following items, follow the procedures used for estimating in kilograms.

		Estimate (g)	Measurement (g)	How Close Were You?
1.	Two thumbtacks.	_____	_____	_____
2.	Pencil.	_____	_____	_____
3.	Two-page letter and envelope.	_____	_____	_____
4.	Nickel.	_____	_____	_____
5.	Apple.	_____	_____	_____
6.	Package of margarine.	_____	_____	_____

TEMPERATURE MEASUREMENT ACTIVITIES

Degree Celsius

I. DEGREE CELSIUS (°C)

Degree Celsius (°C) is the metric measure for temperature.

A. DEVELOP A FEELING FOR DEGREE CELSIUS

Take a Celsius thermometer. Look at the marks on it.

1. Find 0 degrees.

   WATER FREEZES AT ZERO DEGREES CELSIUS (0°C)

   WATER BOILS AT 100 DEGREES CELSIUS (100°C)

2. Find the temperature of the room. _____ °C. Is the room cool, warm, or about right?
3. Put some hot water from the faucet into a container. Find the temperature. _____ °C. Dip your finger quickly in and out of the water. Is the water very hot, hot, or just warm?
4. Put some cold water in a container with a thermometer. Find the temperature. _____ °C. Dip your finger into the water. Is it cool, cold, or very cold?
5. Bend your arm with the inside of your elbow around the bottom of the thermometer. After about three minutes find the temperature. _____ °C. Your skin temperature is not as high as your body temperature.

   NORMAL BODY TEMPERATURE IS 37 DEGREES CELSIUS (37°C).

   A FEVER IS 39°C.

   A VERY HIGH FEVER IS 40°C.

B. DEVELOP YOUR ABILITY TO ESTIMATE IN DEGREES CELSIUS

For each item, ESTIMATE and write down how many degrees Celsius you think it is. Then measure and write the MEASUREMENT. See how close your estimates and actual measurements are.

		Estimate (°C)	Measurement (°C)	How Close Were You?
1.	Mix some hot and cold water in a container. Dip your finger into the water.	_____	_____	_____
2.	Pour out some of the water. Add some hot water. Dip your finger quickly into the water.	_____	_____	_____
3.	Outdoor temperature.	_____	_____	_____
4.	Sunny window sill.	_____	_____	_____
5.	Mix of ice and water.	_____	_____	_____
6.	Temperature at floor.	_____	_____	_____
7.	Temperature at ceiling.	_____	_____	_____

UNIT 2

OBJECTIVES

The student will recognize and use the metric terms, units, and symbols used in this occupation.

- Given a metric unit, state its use in this occupation.
- Given a measurement task in this occupation, select the appropriate metric unit and measurement tool.

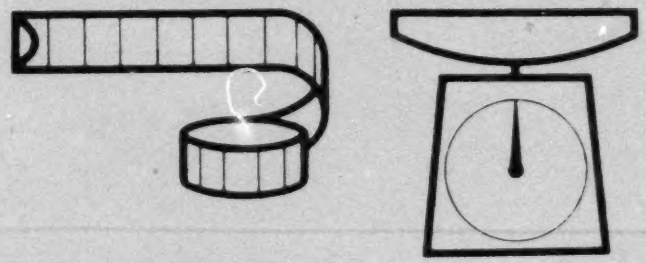
SUGGESTED TEACHING SEQUENCE

1. Assemble metric measurement tools (rules, tapes, scales, thermometers, etc.) and objects related to this occupation.
2. Discuss with students how to read the tools.
3. Present and have students discuss Information Sheet 2 and Table 2.
4. Have students learn occupationally-related metric measurements by completing Exercises 6 and 7.
5. Test performance by using Section A of "Testing Metric Abilities."

METRICS IN THIS OCCUPATION

Changeover to the metric system is under way. Large corporations are already using metric measurement to compete in the world market. The metric system has been used in various parts of industrial and scientific communities for years. Legislation, passed in 1975, authorizes an orderly transition to use of the metric system. As businesses and industries make this metric changeover, employees will need to use metric measurement in job-related tasks.

Table 2 lists those metric terms which are most commonly used in this occupation. These terms are replacing the measurement units used currently. What kinds of job-related tasks use measurement? Think of the many different kinds of measurements you now make and use Table 2 to discuss the metric terms which replace them. See if you can add to the list of uses beside each metric term.



METRIC UNITS FOR ALTERATIONS SPECIALIST, TAILORING

Quantity	Unit	Symbol	Use
Length	millimetre	mm	Design; drafting paper dimensions; button spacing; bolt and screw dimensions; wrench sizes.
	centimetre	cm	Fabric width; body measurements; patterns; seam and dart widths; seam and inseam lengths; zippers; design; work table width.
	metre	m	Fabric, tape, webbing, piping, and thread lengths; floor dimensions.
Area	square centimetre	cm^2	Fabric quantities; swatch and patch sizes; spots and stains.
	square metre	m^2	Work space; storage area; fabric quantities.
Mass	gram	g	Shipping and mailing; purchasing by mass beeswax, notions, yarn, thread, heavy sewing machine lubricant, and powdered chemicals; purchasing tools and equipment.
	kilogram	kg	
Volume/Capacity	millilitre	ml	Water; cleaning fluids; fabric treatment solutions; dye solutions; sewing machine oil; filling steam and mangle irons.
	litre	l	
Temperature	degree Celsius	^oC	Pressing temperatures; mixing and using chemical solutions; relating indoor and outdoor temperature and clothing fabrics to customer comfort.

TRYING OUT METRIC UNITS

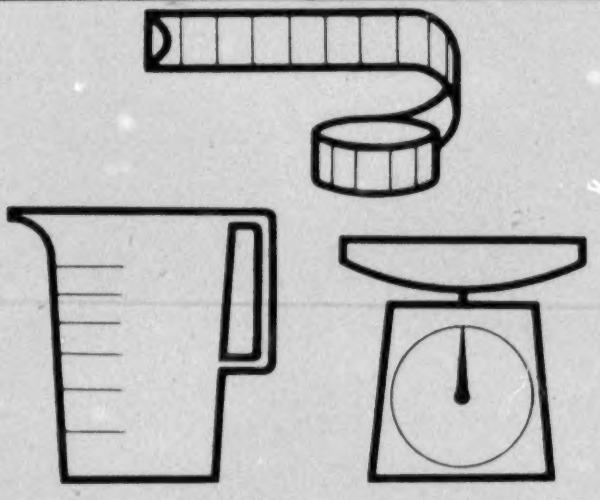
To give you practice with metric units, first estimate the measurements of the items below. Write down your best guess next to the item. Then actually measure the item and write down your answers using the correct metric symbols. The more you practice, the easier it will be.

	Estimate	Actual
Length		
1. Sleeve length		
2. Seam width		
3. Your height		
4. Length of hemline		
5. Height of thread spool		
6. Height of ironing board		
7. Index card		
8. Length of shears		
9. Diameter of thread spool		
Area		
10. Desk top		
11. Classroom floor		
12. Curtain		
13. Patch pocket		
14. Spot or stain		
Volume/Capacity		
15. Small soft drink bottle		
16. Measuring cup		
17. Pattern box		
18. Small box or package		
19. Shipping container		
20. Coffee cup		
21. Notions bin		
22. Spray/steam iron		
Mass		
23. Textbook		
24. Nickel		
25. Paper clip		
26. Bolt of cloth		
27. Thimble		
28. Yourself		
Temperature		
29. Room		
30. Cool iron		
31. Cold tap water		
32. Hot tap water		

SEWING WITH METRICS

It is important to know what metric measurement to use. Show what measurement to use in the following situations.

1. Length of needle	
2. Area of table	
3. Diameter of pin cushion	
4. Mass of shears	
5. Length of lace strip	
6. Height of table	
7. Thread length on full spool	
8. Length of scissors	
9. Height of sewing machine	
10. Mass of ball of yarn or linen thread	
11. Capacity of pin box	
12. Length of pants inseam	
13. Mass of bolt of fabric	
14. Volume of cleaning fluid	
15. Length of fabrics	
16. Diameter of a button	
17. Thickness of buttons	
18. Mass of a piece of beeswax	
19. Area of leather trim on coat pockets	
20. Dimensions of a zipper	
21. Width of fabrics	
22. Temperature range for pressing wool	
23. Width of hem facing	
24. Mass of heavy lubricant for sewing machine	
25. Temperature range for pressing linen	
26. Height of an ironing board	
27. Area of stain or spot	



UNIT 3

OBJECTIVE

The student will recognize and use metric equivalents.

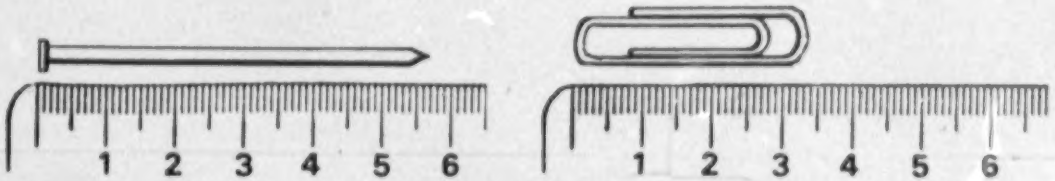
- Given a metric unit, state an equivalent in a larger or smaller metric unit.

SUGGESTED TEACHING SEQUENCE

1. Make available the Information Sheets (3 - 8) and the associated Exercises (8 - 14), one at a time.
2. As soon as you have presented the Information, have the students complete each Exercise.
3. Check their answers on the page titled ANSWERS TO EXERCISES AND TEST.
4. Test performance by using Section B of "Testing Metric Abilities."

METRIC-METRIC EQUIVALENTS

Centimetres and Millimetres



Look at the picture of the nail next to the ruler. The nail is 57 mm long. This is 5 cm + 7 mm. There are 10 mm in each cm, so 1 mm = 0.1 cm (one-tenth of a centimetre). This means that 7 mm = 0.7 cm, so 57 mm = 5 cm + 7 mm
= 5 cm + 0.7 cm
= 5.7 cm. Therefore 57 mm is the same as 5.7 cm.

Now measure the paper clip. It is 34 mm. This is the same as 3 cm + _____mm. Since each millimetre is 0.1 cm (one-tenth of a centimetre), 4 mm = _____cm. So, the paper clip is 34 mm = 3 cm + 4 mm
= 3 cm + 0.4 cm
= 3.4 cm. This means that 34 mm is the same as 3.4 cm.

Information Sheet 3

Now you try some.

a) 26 mm = _____ cm
b) 583 mm = _____ cm
c) 94 mm = _____ cm
d) 680 mm = _____ cm
e) 132 mm = _____ cm
f) 802 mm = _____ cm
g) 1 400 mm = _____ cm
h) 2 307 mm = _____ cm

Exercise 8

Metres, Centimetres, and Millimetres

There are 100 centimetres in one metre. Thus,

2 m = 2 x 100 cm = 200 cm,
3 m = 3 x 100 cm = 300 cm,
8 m = 8 x 100 cm = 800 cm,
36 m = 36 x 100 cm = 3 600 cm.

There are 1 000 millimetres in one metre, so

2 m = 2 x 1 000 mm = 2 000 mm,
3 m = 3 x 1 000 mm = 3 000 mm,
6 m = 6 x 1 000 mm = 6 000 mm,
24 m = 24 x 1 000 mm = 24 000 mm.

From your work with decimals you should know that

one-half of a metre can be written 0.5 m (five-tenths of a metre),
one-fourth of a centimetre can be written 0.25 cm
(twenty-five hundredths of a centimetre).

This means that if you want to change three-fourths of a metre to millimetres, you would multiply by 1 000. So

0.75 m = 0.75 x 1 000 mm

$= \frac{75}{100} \times 1\,000$ mm

$= 75 \times \frac{1\,000}{100}$ mm

= 75 x 10 mm

= 750 mm. This means that 0.75 m = 750 mm.

Information Sheet 4

Fill in the following chart.

metre m	centimetre cm	millimetre mm
1	100	1 000
2	200	
3		
9		
		5 000
74		
0.8	80	
0.6		600
	2.5	25
		148
	639	

Exercise 9

Millilitres to Litres

There are 1 000 millilitres in one litre. This means that

2 000 millilitres is the same as 2 litres,
3 000 ml is the same as 3 litres,
4 000 ml is the same as 4 litres,
12 000 ml is the same as 12 litres.

Since there are 1 000 millilitres in each litre, one way to change millilitres to litres is to divide by 1 000. For example,

Or $1\,000 \text{ ml} = \frac{1\,000}{1\,000}$ litre = 1 litre.

$2\,000 \text{ ml} = \frac{2\,000}{1\,000}$ litres = 2 litres.

And, as a final example,

$28\,000 \text{ ml} = \frac{28\,000}{1\,000}$ litres = 28 litres.

What if something holds 500 ml? How many litres is this? This is worked the same way.

$500 \text{ ml} = \frac{500}{1\,000}$ litre = 0.5 litre (five-tenths of a litre). So 500 ml is the same as one-half (0.5) of a litre.

Change 57 millilitres to litres.

$57 \text{ ml} = \frac{57}{1\,000}$ litre = 0.057 litre (fifty-seven thousandths of a litre).

Information Sheet 5

Now you try some. Complete the following chart.

millilitres (ml)	litres (l)
3 000	3
6 000	
	8
11 000	
	23
300	0.3
700	
	0.9
250	
	0.47
275	

Exercise 10

Litres to Millilitres

What do you do if you need to change litres to millilitres? Remember, there are 1 000 millilitres in one litre, or 1 litre = 1 000 ml.

So,

2 litres = 2 x 1 000 ml = 2 000 ml,
7 litres = 7 x 1 000 ml = 7 000 ml,
13 litres = 13 x 1 000 ml = 13 000 ml,
0.65 litre = 0.65 x 1 000 ml = 650 ml.

Information Sheet 6

Now you try some. Complete the following chart.

litres l	millilitres ml
8	8 000
5	
46	
	32 000
0.4	
0.53	
	480

Exercise 11

Grams to Kilograms

There are 1 000 grams in one kilogram. This means that

2 000 grams is the same as 2 kilograms,

5 000 g is the same as 5 kg,

700 g is the same as 0.7 kg, and so on.

To change from grams to kilograms, you use the same procedure for changing from millilitres to litres.

Information Sheet 7

Try the following ones.

grams g	kilograms kg
4 000	4
9 000	
23 000	
	8
300	
275	

Exercise 12

THE CENTER FOR VOCATIONAL EDUCATION

Kilograms to Grams

To change kilograms to grams, you multiply by 1 000.

4 kg = 4 x 1 000 g = 4 000 g,
23 kg = 23 x 1 000 g = 23 000 g,
0.75 kg = 0.75 x 1 000 g = 750 g.

Information Sheet 8

Complete the following chart.

kilograms kg	grams g
7	7 000
11	
	25 000
0.4	
0.63	
	175

Exercise 13

Changing Units at Work

Some of the things you use in this occupation may be measured in different metric units. Practice changing each of the following to metric equivalents by completing these statements.

a) 290 mm drafting paper is _____ cm
b) 500 cm of yarn is _____ m
c) 250 ml of water is _____ l
d) 60 mm hem is _____ cm
e) 0.5 kg cutting shears is _____ g
f) 30 cm of lace is _____ mm
g) 40 g thimble is _____ kg
h) 500 ml of machine oil is _____ l
i) 4 cm needle is _____ mm
j) 1.6 m body height is _____ cm
k) 0.5 m of fabric is _____ cm
l) 2 litre of water is _____ ml
m) 30 cm cutting shears are _____ mm
n) 10 m of hem tape is _____ cm
o) 20 mm diameter button is _____ cm
p) 125 g of heavy sewing machine lubricant is _____ kg

Exercise 14

UNIT 4

OBJECTIVE

The student will recognize and use instruments, tools, and devices for measurement tasks in this occupation.

- Given metric and Customary tools, instruments, or devices, differentiate between metric and Customary.
- Given a measurement task, select and use an appropriate tool, instrument or device.
- Given a metric measurement task, judge the metric quantity within 20% and measure within 2% accuracy.

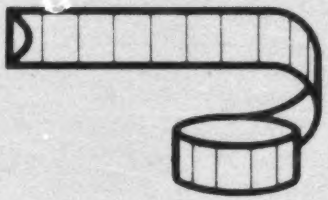
SUGGESTED TEACHING SEQUENCE

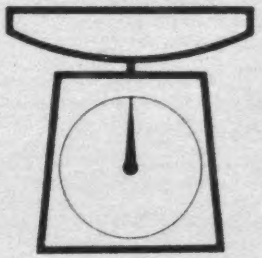
1. Assemble metric and Customary measuring tools and devices (rules, scales, °C thermometer, wrenches, tapes, hem gages) and display in separate groups at learning stations.
2. Have students examine metric tools and instruments for distinguishing characteristics and compare them with Customary tools and instruments.
3. Have students verbally describe characteristics.
4. Present or make available Information Sheet 9.
5. Mix metric and Customary tools or equipment at learning station. Give students Exercises 15 and 16.
6. Test performance by using Section C of "Testing Metric Abilities."

SELECTING AND USING METRIC INSTRUMENTS , TOOLS AND DEVICES

Selecting an improper measuring tool or misreading a gauge can result in failure to obtain fit and maintain style and quality workmanship. For example, shortening a hemline 3 inches rather than 3 centimetres will result in an unsatisfactory fit. Here are some suggestions:

1. Find out in advance whether Customary or metric units or equipment are needed for a given task.
2. Examine the tool or instrument before using it.
3. The metric system is a decimal system. Look for units marked off in whole numbers, tens or tenths, hundreds or hundredths.
4. Look for metric symbols on the tapes, rules or gauges—cm, mm, m.
5. Look for decimal fractions (0.25) or decimal mixed fractions (2.50) rather than common fractions (3/8) on tapes, rules and gauges.
6. Practice selecting and using tools, instruments and devices.





20

WHICH TOOLS FOR THE JOB?

Practice and prepare to demonstrate your ability to *identify, select, and use* metric-scaled tools and instruments for the tasks given below. You should be able to use the measurement tools to the appropriate precision of the tool, instrument, or task.

1. Cut thread the proper length for hemming a garment.
2. Measure an even hem allowance.
3. Trim an even seam allowance to be at least 1 cm wide and not more than 1.5 cm.
4. Mark an even hem to be 50 cm from the floor.
5. Stitch a garment side seam to be 5 mm larger than it already is stitched.
6. Make minor repairs to a sewing machine.
7. Estimate the cost to a customer for repairing a burn or moth hole.
8. Select elastic for a waistband.
9. Select a zipper.
10. Measure the chest or bust of a customer.
11. Check a shipment of plastic bagging material which was purchased by mass.
12. Measure and mark the sleeve length alterations on a man's coat.
13. Press mark an even hem allowance.
14. Measure even spaces between tucks, buttons, snaps, and pleats.
15. Collect prepaid shipping costs for mailing a customer's suit after alteration.
16. Inventory by mass the amount of heavy pattern paper on a roll.

MEASURING UP IN CLOTHING

For the tasks below, estimate the metric measurement to within 20% of actual measurement, and verify the estimation by measuring to within 2% of actual measurement.

	Estimate	Verify
1. Seam allowance		
2. Length of hem tape		
3. Zipper length		
4. Dart length		
5. Width of hem allowance		
6. Sleeve length		
7. Pants inseam length		
8. Stitches per centimetre		
9. Number of machine basting stitches per centimetre		
10. Mass of a box of dressmaker's pins		
11. Volume of cleaning fluid in a partly-filled container		
12. Width of elastic for a waistband		
13. Chest or bust size of another person		
14. Mass of a roll of paper used in the trade		
15. Height of ironing board		
16. Waist size of another person		

UNIT 5

OBJECTIVE

The student will recognize and use metric and Customary units interchangeably in ordering, selling, and using products and supplies in this occupation.

- Given a Customary (or metric) measurement, find the metric (or Customary) equivalent on a conversion table.
- Given a Customary unit, state the replacement unit.

SUGGESTED TEACHING SEQUENCE

1. Assemble packages and containers of materials.
2. Present or make available Information Sheet 10 and Tables 3 and 4.
3. Have students find approximate metric-Customary equivalents by using Exercises 17 and 18.
4. Test performance by using Section D of "Testing Metric Abilities."

METRIC-CUSTOMARY EQUIVALENTS

During the transition period there will be a need for finding equivalents between systems. Conversion tables list calculated equivalents between the two systems. When a close equivalent is needed, a conversion table can be used to find it. Follow these steps:

1. Determine which conversion table is needed.
2. Look up the known number in the appropriate column; if not listed, find numbers you can add together to make the total of the known number.
3. Read the equivalent(s) from the next column.

Table 3 on the next page gives an example of a metric-Customary conversion table which you can use for practice in finding approximate equivalents. Table 3 can be used with Exercise 17, Part 2 and Part 3.

Below is a table of metric-Customary equivalents which tells you what the metric replacements for Customary units are.* This table can be used with Exercise 17, Part 1 and Part 3. The symbol ≈ means "nearly equal to."

1 cm ≈ 0.39 inch	1 inch ≈ 2.54 cm	1 ml ≈ 0.2 tsp	1 tsp ≈ 5 ml
1 m ≈ 3.28 feet	1 foot ≈ 0.305 m	1 ml ≈ 0.07 tbsp	1 tbsp ≈ 15 ml
1 m ≈ 1.09 yards	1 yard ≈ 0.91 m	1 l ≈ 33.8 fl oz	1 fl oz ≈ 29.6 ml
1 km ≈ 0.62 mile	1 mile ≈ 1.61 km	1 l ≈ 4.2 cups	1 cup ≈ 237 ml
1 cm^2 ≈ 0.16 sq in	1 sq in ≈ 6.5 cm^2	1 l ≈ 2.1 pts	1 pt ≈ 0.47 l
1 m^2 ≈ 10.8 sq ft	1 sq ft ≈ 0.09 m^2	1 l ≈ 1.06 qt	1 qt ≈ 0.95 l
1 m^2 ≈ 1.2 sq yd	1 sq yd ≈ 0.8 m^2	1 l ≈ 0.26 gal	1 gal ≈ 3.79 l
1 hectare ≈ 2.5 acres	1 acre ≈ 0.4 hectare	1 gram ≈ 0.035 oz	1 oz ≈ 28.3 g
1 cm^3 ≈ 0.06 cu in	1 cu in ≈ 16.4 cm^3	1 kg ≈ 2.2 lb	1 lb ≈ 0.45 kg
1 m^3 ≈ 35.3 cu ft	1 cu ft ≈ 0.03 m^3	1 metric ton ≈ 2205 lb	1 ton ≈ 907.2 kg
1 m^3 ≈ 1.3 cu yd	1 cu yd ≈ 0.8 m^3	1 kPa ≈ 0.145 psi	1 psi ≈ 6.895 kPa

*Adapted from *Let's Measure Metric. A Teacher's Introduction to Metric Measurement.* Division of Educational Redesign and Renewal, Ohio Department of Education, 65 S. Front Street, Columbus, OH 43215, 1975.

CONVERSION TABLES

MILLIMETRES AND CENTIMETRES TO INCHES

mm	cm	in.	mm	cm	in.	mm	cm	in.
100	10.0	3.9	10	1.0	.4	1	0.1	0.04
200	20.0	7.9	20	2.0	.8	2	0.2	0.08
300	30.0	11.8	30	3.0	1.2	3	0.3	0.12
400	40.0	15.7	40	4.0	1.6	4	0.4	0.16
500	50.0	19.7	50	5.0	2.0	5	0.5	0.20
600	60.0	23.6	60	6.0	2.4	6	0.6	0.24
700	70.0	27.6	70	7.0	2.8	7	0.7	0.28
800	80.0	31.5	80	8.0	3.2	8	0.8	0.32
900	90.0	35.4	90	9.0	3.5	9	0.9	0.35
1000	100.0	39.4						

INCHES TO MILLIMETRES AND CENTIMETRES

in.	mm	cm	in.	mm	cm	in.	mm	cm
10	254.0	25.4	1	25.4	2.5	1/8	3.2	0.3
20	508.0	50.8	2	50.8	5.1	1/4	6.4	0.6
30	762.0	76.2	3	76.2	7.6	3/8	9.5	1.0
40	1016.0	101.6	4	101.6	10.2	1/2	12.7	1.3
50	1270.0	127.0	5	127.0	12.7	5/8	15.9	1.6
60	1524.0	152.4	6	152.4	15.2	3/4	19.1	1.9
70	1778.0	177.8	7	177.8	17.8	7/8	22.2	2.2
80	2032.0	203.2	8	203.2	20.3			
90	2286.0	228.6	9	228.6	22.9			

CUSTOMARY-METRIC ZIPPER LENGTHS (Available Zipper Lengths)

in.	cm	in.	cm	in.	cm	in.	cm
30	75	22	55	14	35	8	20
28	70	20	50	12	30	7	18
26	65	18	45	10	25	6	15
24	60	16	40	9	22	5	12
						4	10

ANY WAY YOU WANT IT

1. With the change to metric measurement some patterns, fabric, directions and notions used in clothing alterations will be available only in metric sizes. You will need to be familiar with approximate Customary equivalents in order to select correct pattern sizes and quantities of supplies for proper fit, drape and style in garment construction. You will also need Customary equivalents to order supplies in metric units. To develop your skill, use Information Sheet 10 and Table 3 to give the approximate metric quantity (both numbers and unit) for each of the following Customary quantities

	Customary Quantity	Metric Quantity
a)	2 1/2 ft. hem tape	
b)	3 in. hem	
c)	1/2 in. seam allowance	
d)	3/4 in. button	
e)	5 yds. of wool	
f)	9 in. by 12 in. drafting paper	
g)	4 oz. tube of heavy lubricant	
h)	1 pt. of sewing machine oil	
i)	20 yd. spool of thread	
j)	2 oz. ball of linen thread	
k)	2 in. needle	
l)	4 fl. oz. of spotting solution	
m)	4 in. wide sponge	
n)	2 gal. can of cleaning fluid	
o)	30 in. pants inseam	

2. Use the conversion tables from Table 3 to convert the following:

a)	15 mm =	in.	e)	30 in. =	cm
b)	81 cm =	in.	f)	24 in. =	cm
c)	30 cm =	in.	g)	4 in. =	cm
d)	22 mm =	in.	h)	5/8 in. =	mm
i)	50 cm =	in.	k)	1 1/8 in. =	mm
j)	65 mm =	in.	l)	4 3/4 in. =	cm

3. Complete the Requisition Form using the items listed. Convert the Customary quantities to metric before filling out the form. Complete all the information (Date, For, Job, etc.).
Order the following alterations specialist supplies:

a) 1 doz. 10 in. zippers
b) 25 yds. of seam tape
c) 1 gal. cleaning fluid
d) 4 lbs. of dressmaker's pins
e) Two 1 pt. cans of sewing machine oil
f) 1/2 doz. 4 in. seam rippers

REQUISITION

Date _____

For _____

_____

Job _____ Date Wanted _____

Deliver to _____

QTY	UNIT	ITEM

Requested by _____

Approved by _____

FIGURE YOUR TYPE AND SIZE IN METRIC MEASUREMENTS

MISSES' 1.65 m to 1.68 m								
Size	6	8	10	12	14	16	18	20
Bust	78	80	83	87	92	97	102	107 cm
Waist	58	61	64	67	71	76	81	87 cm
Hip	83	85	88	92	97	102	107	112 cm
Back Waist Length	39.5	40	40.5	41.5	42	42.5	43	44 cm

MISSPETITE 1.57 m to 1.60 m						
Size	6mp	8mp	10mp	12mp	14mp	16mp
Bust	78	80	83	87	92	97 cm
Waist	60	62	65	69	73	78 cm
Hip	83	85	88	92	97	102 cm
Back Waist Length	37	37.5	38	39	39.5	40 cm

WOMEN'S 1.65 m to 1.68 m							
Size	38	40	42	44	46	48	50
Bust	107	112	117	122	127	132	137 cm
Waist	89	94	99	105	112	118	124 cm
Hip	112	117	122	127	132	137	142 cm
Back Waist Length	44	44	44.5	45	45	45.5	46 cm

HALF-SIZE 1.57 m to 1.60 m								
Size	10½	12½	14½	16½	18½	20½	22½	24½
Bust	84	89	94	99	104	109	114	119 cm
Waist	69	74	79	84	89	96	102	108 cm
Hip	89	94	99	104	109	116	122	128 cm
Back Waist Length	38	39	39.5	40	40.5	40.5	41	41.5 cm

JUNIOR 1.63 m to 1.65 m						
Size	5	7	9	11	13	15
Bust	76	79	81	85	89	94 cm
Waist	57	60	62	65	69	74 cm
Hip	81	84	87	90	94	99 cm
Back Waist Length	38	39	39.5	40	40.5	41.5 cm

JUNIOR PETITE 1.52 m to 1.55 m						
Size	3jp	5jp	7jp	9jp	11jp	13jp
Bust	78	79	81	84	87	89 cm
Waist	57	58	61	64	66	69 cm
Hip	80	81	84	87	89	92 cm
Back Waist Length	35.5	36	37	37.5	38	39 cm

YOUNG JUNIOR TEEN 1.55 m to 1.60 m						
Size	5/6	7/8	9/10	11/12	13/14	15/16
Bust	71	74	78	81	85	89 cm
Waist	56	58	61	64	66	69 cm
Hip	79	81	85	89	93	97 cm
Back Waist Length	34.5	35.5	37	38	39	40 cm

CHUBBIE				
Size	8½C	10½C	12½C	14½C
Breast	76	80	84	88 cm
Waist	71	74	76	79 cm
Hip	84	88	92	96 cm
Back waist length	31	32.5	34.5	36 cm
Height	132	142	149	155 cm

GIRLS'					
Size	7	8	10	12	14
Breast	66	69	73	76	81 cm
Waist	58	60	62	65	67 cm
Hip	69	71	76	81	87 cm
Back waist length	29.5	31	32.5	34.5	36 cm
Height	127	132	142	149	155 cm

CHILDREN'S							
Size	1	2	3	4	5	6	6x
Breast or Chest	51	53	56	58	61	64	65 cm
Waist	50	51	52	53	55	56	57 cm
Hip	-	-	-	61	64	66	67 cm
Back Waist Length	21	22	23	24	25.5	27	27.5 cm
Height	79	87	94	102	109	117	122 cm
Finished Dress length	43	46	48	51	56	61	64 cm

TODDLERS'					
Size	½	1	2	3	4
Breast or Chest	48	51	53	56	58 cm
Waist	48	50	51	52	53 cm
Finished Dress Length	35.5	38	40.5	43	46 cm

BABIES		
Age	Newborn (1-3 months)	6 months
Weight	3-6 kg	6-8 kg
Height	43-61 cm	61-67 cm

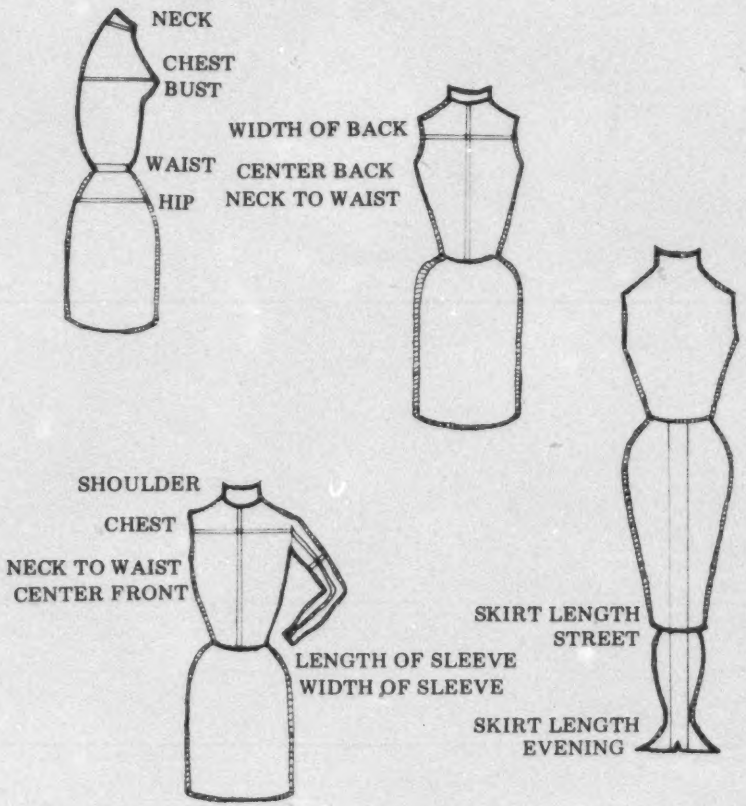
BOYS' AND TEEN-BOYS'								
Size	7	8	10	12	14	16	18	20
Chest	66	69	71	76	81	85	89	93 cm
Waist	58	61	64	66	69	71	74	76 cm
Hip/Seat	69	71	75	79	83	87	90	94 cm
Neckband	30	31	32	33	34.5	35.5	37	38 cm
Height	122	127	137	147	155	163	168	173 cm

MEN'S 1.78 m								
Size	34	36	38	40	42	44	46	48
Chest	87	92	97	102	107	112	117	122 cm
Waist	71	76	81	87	92	99	107	112 cm
Hip/Seat	89	94	99	104	109	114	119	124 cm
Neckband	35.5	37	38	39.5	40.5	42	43	44.5 cm
Shirt Sleeve	81	81	84	84	87	87	89	89 cm

Source: Opal Massey. *Metrics For Home Use.* Stockton, CA: Willow House Publishers, 1974, P. 21 (used by permission).

'IT FIGURES'

4. Using a metric tape measure and working as partners, take the body measurements of your partner as described in the following measurement chart. Complete this chart with your own measurements. Then choose the pattern size which comes closest to your body measurements (Table 4) and record your findings in column 2. Determine the difference between your measurements and those of the pattern and record this amount in column 3.



Measurement Chart	my measurements (1)	closest pattern size measurements (if applicable) (2)	Differences (3)
BUST (around fullest part)			
WAIST (snug)			
HIP (about 18 centimetres below waist or fullest part)			
NECK (around base of neck)			
WRIST (not too tight)			
BACK LENGTH TO WAIST (base of neck to waistline)			
FRONT LENGTH TO WAIST (base of neck to waistline)			
SHOULDER (neck to armhole)			
WIDTH OF BACK (armhole to armhole, 10 centimetres down from shoulder seam)			
WIDTH OF CHEST (armhole to armhole above bust)			
LENGTH OF SLEEVE (top of arm to wrist, arm bent)			
WIDTH OF SLEEVE (around fullest part above elbow)			
BACK SKIRT LENGTH (waist to hem)			
FRONT SKIRT LENGTH (waist to hem)			

Source: Adapted from *Mathematics I - Needle Trades*, Antoinette J. Colicchio and Burr D. Coe, Vocational Division - Curriculum Laboratory, Administration Building, College of Agriculture, New Brunswick, NJ 08903, July 1960, page 72.

SECTION A

1. One kilogram is about the mass of a:
   - [A] nickel
   - [B] apple seed
   - [C] basketball
   - [D] Volkswagen "Beetle"

2. A square metre is about the area of:
   - [A] this sheet of paper
   - [B] a card table top
   - [C] a bedspread
   - [D] a postage stamp

3. Seam widths are measured in:
   - [A] metres
   - [B] millilitres
   - [C] centimetres
   - [D] milligrams

4. Fabric length is measured in:
   - [A] metres
   - [B] millimetres
   - [C] milligrams
   - [D] millilitres

5. The correct way to write twenty grams is:
   - [A] 20 gms
   - [B] 20 Gm.
   - [C] 20 g.
   - [D] 20 g

6. The correct way to write twelve thousand millimetres is:
   - [A] 12,000 mm.
   - [B] 12.000 mm
   - [C] 12 000mm
   - [D] 12 000 mm

SECTION B

7. A zipper 20 centimetres long is the same as:
   - [A] 2 000 millimetres
   - [B] 200 millimetres
   - [C] 0.2 millimetre
   - [D] 2 millimetres

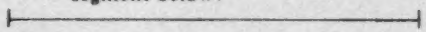
8. A 750 gram pair of shears is the same as:
   - [A] 0.75 kilogram
   - [B] 750 000 kilograms
   - [C] 7 500 kilograms
   - [D] 7.5 kilograms

SECTION C

9. To measure in centimetres you would use a:
   - [A] measuring cup
   - [B] tape
   - [C] scale
   - [D] thermometer

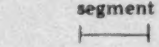
10. To measure in millilitres you would use a:
    - [A] thermometer
    - [B] tape
    - [C] scale
    - [D] measuring cup

11. Estimate the length of the line segment below:



    - [A] 23 grams
    - [B] 6 centimetres
    - [C] 40 millimetres
    - [D] 14 pascals

12. Estimate the length of the line segment below:



    - [A] 10 millimetres
    - [B] 4 centimetres
    - [C] 4 pascals
    - [D] 23 milligrams

SECTION D

13. The metric unit which replaces the fluid ounce is:
    - [A] millilitre
    - [B] centimetre
    - [C] litre
    - [D] gram

14. The metric unit which replaces the inch is:
    - [A] centimetre
    - [B] metre
    - [C] litre
    - [D] gram

Use this conversion table to answer questions 15 and 16.

cm	in.	cm	in.
10	3.9	1	.4
20	7.9	2	.8
30	11.8	3	1.2
40	15.7	4	1.6
50	19.7	5	2.0
60	23.6	6	2.4
70	27.6	7	2.8
80	31.5	8	3.2
90	35.4	9	3.5
100	39.4		

15. The equivalent of 95 cm is:
    - [A] 95 in.
    - [B] 42.5 in.
    - [C] 190 in.
    - [D] 37.4 in.

16. The equivalent of 15 cm is:
    - [A] 5.9 in.
    - [B] 37.5 in.
    - [C] 15 in.
    - [D] 3.9 in.

ANSWERS TO EXERCISES AND TEST

EXERCISES 1 THRU 6

The answers depend on the items used for the activities.

EXERCISE 7

Currently accepted metric units of measurement for each question are shown in Table 2. Standards in each occupation are being established now, so answers may vary.

EXERCISE 8

a)	2.6 cm	e)	13.2 cm
b)	58.3 cm	f)	80.2 cm
c)	9.4 cm	g)	140.0 cm
d)	68.0 cm	h)	230.7 cm

EXERCISES 9 THRU 13

Tables are reproduced in total. Answers are in parentheses.

Exercise 9

metre m	centimetre cm	millimetre mm
1	100	1 000
2	200	(2 000)
3	(300)	(3 000)
9	(900)	(9 000)
(5)	(500)	5 000
74	(7 400)	(74 000)
0.8	80	(800)
0.6	(60)	600
(0.025)	2.5	25
(0.148)	(14.8)	148
(6.39)	639	(6 390)

Exercise 10

millilitres ml	litres l
3 000	3
6 000	(6)
(8 000)	8
(14 000)	(14)
(23 000)	23
300	0.3
700	(0.7)
(900)	0.9
250	(0.25)
(470)	0.47
275	(0.275)

Exercise 11

litres l	millilitres ml
8	8 000
5	(5 000)
46	(46 000)
(32)	32 000
0.4	(400)
0.53	(530)
(0.48)	480

Exercise 12

grams g	kilograms kg
4 000	4
9 000	(9)
23 000	(23)
(8 000)	8
300	(0.3)
275	(0.275)

Exercise 13

kilograms kg	grams g
7	7 000
11	(11 000)
(25)	25 000
0.4	(400)
0.63	(630)
(0.175)	175

Exercise 14

a)	29 cm	i)	40 mm
b)	5 m	j)	160 cm
c)	0.25 litre	k)	50 cm
d)	6 cm	l)	2 000 ml
e)	500 g	m)	300 mm
f)	300 mm	n)	1 000 cm
g)	0.04 kg	o)	2 cm
h)	0.5 litre	p)	0.125 kg

EXERCISES 15 AND 16

The answers depend on the items used for the activities.

EXERCISE 17

Part 1.

a)	0.76 m	h)	0.47 litre
b)	7.62 cm	i)	18.2 m
c)	1.3 cm	j)	56.6 g
d)	1.9 cm	k)	5.1 cm
e)	4.55 m	l)	118.4 ml
f)	22.9 cm by 30.5 cm	m)	10.2 cm
		n)	7.58 litres
g)	113.2 g	o)	76.2 cm

Part 2.

a)	0.6 in.
b)	31.9 in.
c)	11.8 in.
d)	0.88 in.
e)	76.2 cm
f)	61 cm
g)	10.2 cm
h)	1.6 cm
i)	19.7 in.
j)	2.6 in.
k)	28.6 mm
l)	12.1 cm

Part 3.

a)	25 cm
b)	22.75 m
c)	3.79 litres
d)	1.8 kg
e)	0.47 litre
f)	10.2 cm

TESTING METRIC ABILITIES

1.	C	9.	B
2.	B	10.	D
3.	C	11.	B
4.	A	12.	A
5.	D	13.	A
6.	D	14.	A
7.	B	15.	D
8.	A	16.	A

THE CENTER FOR VOCATIONAL EDUCATION

☆ U.S. GOVERNMENT PRINTING OFFICE: 1976— 757-069/6204

SUGGESTED METRIC TOOLS AND DEVICES NEEDED TO COMPLETE MEASUREMENT TASKS IN EXERCISES 1 THROUGH 5

(* Optional)

LINEAR

Metre Sticks
Rules, 30 cm
Measuring Tapes, 150 cm
*Height Measure
*Metre Tape, 10 m
*Trundle Wheel
*Area Measuring Grid

VOLUME/CAPACITY

*Nesting Measures, set of 5, 50 ml - 1 000 ml
Economy Beaker, set of 6, 50 ml - 1 000 ml
Metric Spoon, set of 5, 1 ml - 25 ml
Dry Measure, set of 3, 50, 125, 250 ml
Plastic Litre Box
Centimetre Cubes

MASS

Bathroom Scale
*Kilogram Scale
*Platform Spring Scale
5 kg Capacity
10 kg Capacity
Balance Scale with 8-piece mass set
*Spring Scale, 6 kg Capacity

TEMPERATURE

Celsius Thermometer

THE CENTER FOR VOCATIONAL EDUCATION
The Ohio State University • 1960 Kenny Road • Columbus Ohio 43210

UE 009 763

SUGGESTED METRIC TOOLS AND DEVICES NEEDED TO COMPLETE OCCUPATIONAL MEASUREMENT TASKS

In this occupation the tools needed to complete Exercises 6, 15, and 16 are indicated by "★."

A. Assorted Metric Hardware—Hex nuts, washers, screws, cotter pins, etc.
B. Drill Bits—Individual bits or sets, 1 mm to 13 mm range
C. Vernier Caliper—Pocket slide type, 120 mm range
D. Micrometer—Outside micrometer caliper, 0 mm to 25 mm range
E. Feeler Gage—13 blades, 0.05 mm to 1 mm range
F. Metre Tape—50 or 100 m tape
G. Thermometers—Special purpose types such as a clinical thermometer
H. [1] Temperature Devices—Indicators used for ovens, freezing/cooling systems, etc.
I. Tools—Metric open end or box wrench sets, socket sets, hex key sets
J. Weather Devices—Rain gage, barometer, humidity, wind velocity indicators
K. [1] Pressure Gages—Tire pressure, air, oxygen, hydraulic, fuel, etc.
L. [1] Velocity—Direct reading or vane type meter
M. Road Map—State and city road maps
N. Containers—Buckets, plastic containers, etc., for mixing and storing liquids
O. Containers—Boxes, buckets, cans, etc., for mixing and storing dry ingredients

Most of the above items may be obtained from local industrial, hardware, and school suppliers. Also, check with your school district's math and science departments and/or local industries for loan of their metric measurement devices.

[1] Measuring devices currently are not available. Substitute devices (i.e., thermometer) may be used to complete the measurement task.

REFERENCES

At Home with Metric Measuring. (Kit) Butterick Publishing, P.O. Box 1945, Altoona, PA 16603, 1974, 1 filmstrip (color), 1 audio cassette, Teacher's Manual (28 pages), 2 wall charts, measuring cup, gram scale, thermometer, measuring tape, sheet of 48 individual metric adhesive labels for sewing machine throat plate, metric equivalency chart, $75.00.

Appealing, easy-to-use, activity-based, resource kit for secondary homemaking and consumer education. Focuses on advantages of the metric system in sewing and cooking. Teacher guide includes content for teacher, references, filmstrip questions, 18 pages of reproducible activity sheets to familiarize students with basic metric units in consumer and homemaking situations, and an answer sheet. Contains a chart for matching pattern sizes and metric body measurements.

Let's Measure Metric. A Teacher's Introduction to Metric Measurement. Division of Educational Redesign and Renewal, Ohio Department of Education, 65 S. Front Street, Columbus, OH 43215, 1975, 80 pages; $1.50, must include check to state treasurer.

Activity-oriented introduction to the metric system designed for independent or group inservice education study. Introductory information about metric measurement; reproducible exercises apply metric concepts to common measurement situations; laboratory activities for individuals or groups. Templates for making metre tape, litre box, square centimetre grid.

Measuring with Meters, or, How to Weigh a Gold Brick with a Meter-Stick. Metrication Institute of America, P.O. Box 236, Northfield, IL 60093, 1974, 23 min., 16 mm, sound, color; $310.00 purchase, $31.00 rental.

Film presents units for length, area, volume and mass, relating each unit to many common objects. Screen overprints show correct use of metric symbols and ease of metric calculations. Relationships among metric measures of length, area, volume, and mass are illustrated in interesting and unforgettable ways.

Metric Education, An Annotated Bibliography for Vocational, Technical and Adult Education. Product Utilization, The Center for Vocational Education, The Ohio State University, Columbus, OH 43210, 1974, 149 pages; $10.00.

Comprehensive bibliography of instructional materials, reference materials and resource list for secondary, post-secondary, teacher education, and adult basic education. Instructional materials indexed by 15 occupational clusters, types of materials, and educational level.

Metric Education, A Position Paper for Vocational, Technical and Adult Education. Product Utilization, The Center for Vocational Education, The Ohio State University, Columbus, OH 43210, 1975, 46 pages; $3.00.

Paper for teachers, curriculum developers, and administrators in vocational, technical and adult education. Covers issues in metric education, the metric system, the impact of metrication on vocational and technical education, implications of metric instruction for adult basic education, and curriculum and instructional strategies.

Metrics in Career Education. Lindbeck, John R., Charles A. Bennett Company, Inc., 809 W. Detweiller Drive, Peoria, IL 61614, 1975, 103 pages, $3.60, paper; $2.70 quantity school purchase.

Presents metric units and notation in a well-illustrated manner. Individual chapters on metrics in drafting, metalworking, woodworking, power and energy, graphic arts, and home economics. Chapters followed by several learning activities for student use. Appendix includes conversion tables and charts.

Metrics for Home Use. Opal Massey, Willow House Publishers, P.O. Box 129, Stockton, CA 95201, 1974, 32 pages, paper, $2.50.

Workbook for individuals. Explanation is followed by questions and activities. Individualized topics include: introduction, home cooking, calories, shopping, cooking utensils, appliances, sewing, fabrics and patterns, furniture, recipes, rules for SI units and decimal multiples and submultiples, area and volume.

SI . . . A Metric Workbook for Teachers of Consumer and Homemaking Education. Carole Bielefeld, compiler, Orange County Department of Education, P.O. Box 11846, Santa Ana, CA 92711, 1973, 70 pages and 35 pages of transparency masters, $1.50, paper.

Workbook in easy-to-use format for instructors in consumer and homemaking education at the secondary level. Includes: brief history of the metric system, transparency presentation with narration on length, volume, and mass. Has learning-by-doing exercises with pre-test and post-test. Contains a chart for matching pattern sizes to metric body measurements.

METRIC SUPPLIERS

Dick Blick Company, P.O. Box 1267, Galesburg, IL 61401.

Instructional quality rules, tapes, metre sticks, cubes, height measures, trundle wheels, measuring cups and spoons, personal scales, gram/kilogram scales, feeler and depth gages, beakers, thermometers, kits and other aids.

Ohaus Scale Corporation, 29 Hanover Road, Florham Park, NJ 07932.

Instructional quality and commercial precision balances and scales, plastic calipers and stackable gram cubes for beginners.

INFORMATION SOURCES

American Home Economics Association, 2010 Massachusetts Avenue, N.W., Washington, D C 20036

Information on the metric system, reports and pamphlets. Name and address of metric contact person in most states.

American National Metric Council, 1625 Massachusetts Avenue, N.W., Washington, DC 20036.

Charts, posters, reports and pamphlets, *Metric Reporter* newsletter. National metric coordinating council representing industry, government, education, professional and trade organizations.

National Bureau of Standards, Office of Information Activities, U.S. Department of Commerce, Washington, DC 20234.

Free and inexpensive metric charts and publications, also lends films and displays.